

# Vermont Mental Health Performance Indicator Project

DDMHS, Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601 (802-241-2638)

## MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani  
Carol McGranaghan

DATE: May 12, 2000

RE: Services Provided by Adult Mental Health Outpatient Programs

This week's PIP continues a series of overviews of the type and amount of services provided by community treatment programs with a focus on Adult Mental Health Outpatient Programs. The first graph provides a system-wide historical overview (1986 to 1999). The second graph presents a cross-sectional comparison for FY1999. The third graph provides a historical overview for FY1995 through FY1999 for each local program.

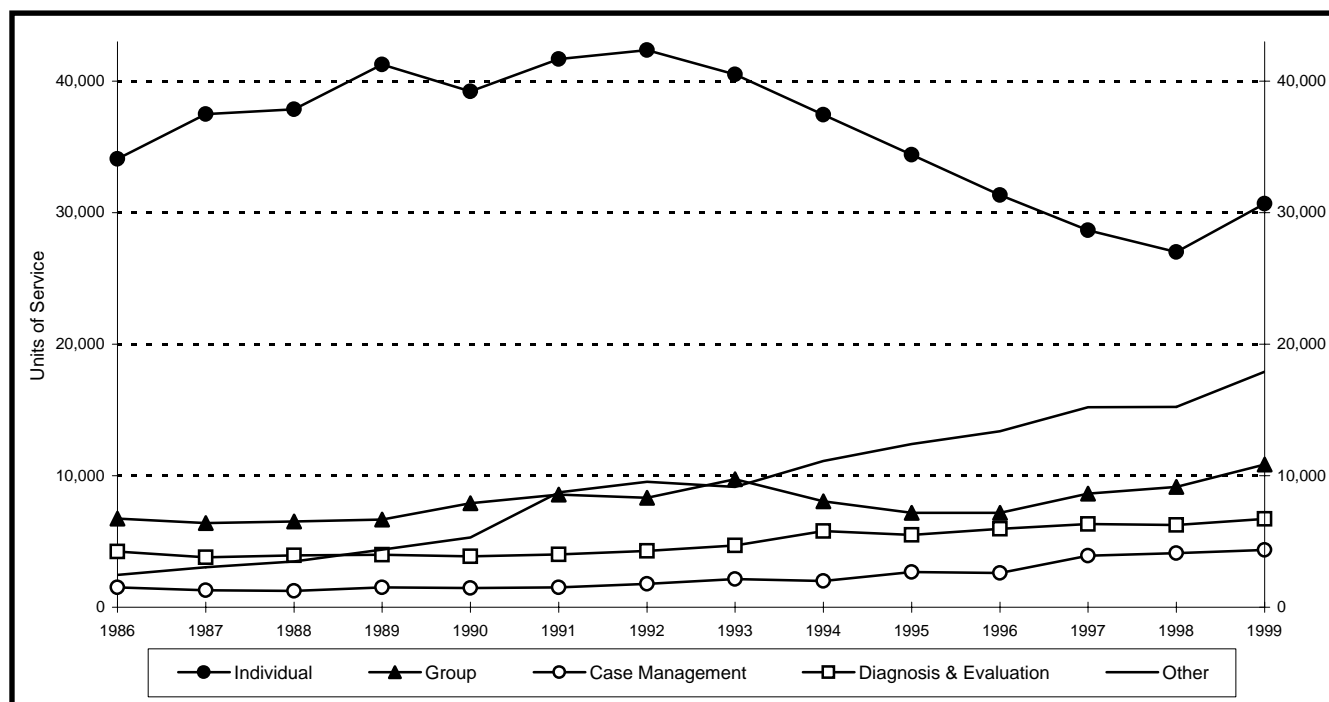
As you will see, Adult Mental Health programs have not experienced the tremendous growth in the volume of services during 1986 through 1999 that was evident for Children's Services Programs in last week's PIP. Although, there was growth in the total volume of services provided to Adult Outpatient consumers from about 50,000 units in 1986 to about 70,500 in 1999. The amount of individual psychotherapy services provided by these programs actually decreased each year from 1992 to 1998. The amount of psychotherapy services increased in 1999, but only to about 1996 levels.

There were substantial differences in the array of services provided by different Adult Outpatient Programs during 1999. Psychotherapy services, for instance, accounted for 80% of the units of services provided by CSAC, but accounted for less than 50% of the services at Rutland, Northeast, and Chittenden.

The graph that combines cross-sectional and historical comparisons presents a much more precise portrait of the changes in service delivery patterns at individual Adult Outpatient Programs over the past five years. Interestingly, the volume of services increased substantially at some programs while the total volume of services at other programs decreased substantially. Some programs changed the mix of services provided, while the proportional mix of services remained the same at others.

Again, we will be very interested in hearing from you regarding this profile of differences among programs and changes over time in practice patterns at Adult Outpatient Programs in Vermont. Please send you observations to [jpandiani@ddmhs.state.vt.us](mailto:jpandiani@ddmhs.state.vt.us) or call 802-241-2638.

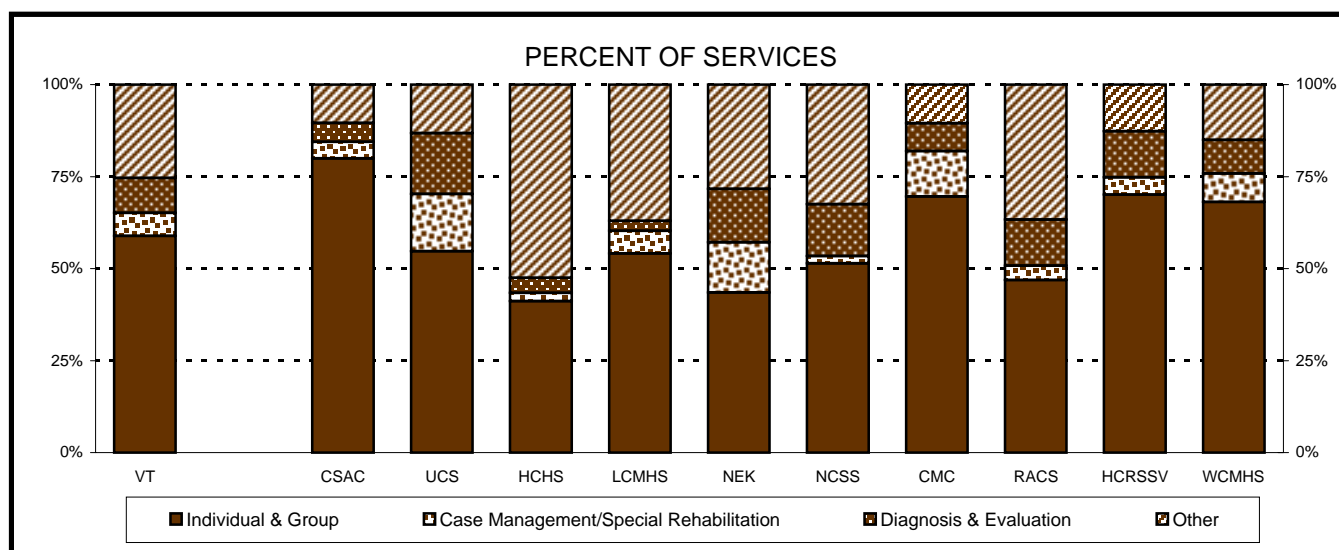
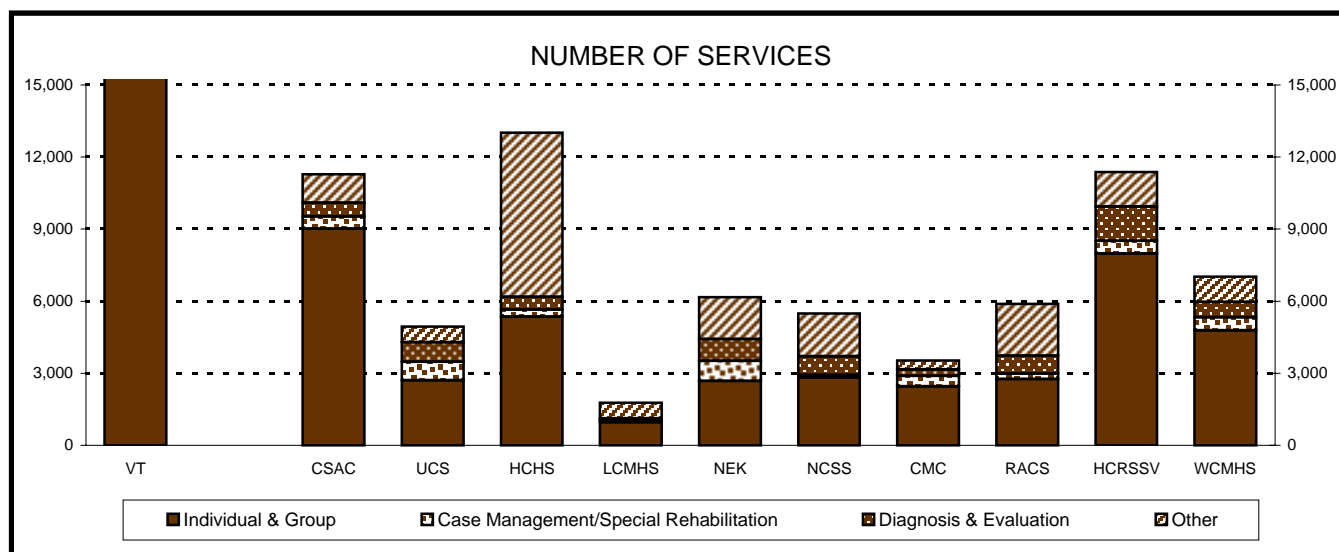
## ADULT OUTPATIENT PROGRAMS SERVICES PROVIDED, FY1986 - FY1999



Fiscal Year	Individual Hours	Group Hours	Case Management Hours	Diagnosis & Evaluation Hours	Other Services	Total
1999	30,680	10,845	4,365	6,705	17,903	70,497
1998	27,007	9,150	4,115	6,249	15,236	61,757
1997	28,669	8,642	3,926	6,333	15,206	62,776
1996	31,334	7,180	2,605	5,954	13,392	60,464
1995	34,419	7,187	2,677	5,509	12,402	62,195
1994	37,456	8,059	1,998	5,797	11,126	64,436
1993	40,517	9,726	2,133	4,689	9,141	66,205
1992	42,360	8,327	1,784	4,284	9,532	66,285
1991	41,685	8,578	1,518	4,025	8,747	64,552
1990	39,218	7,904	1,457	3,863	5,308	57,750
1989	41,272	6,667	1,505	3,986	4,377	57,806
1988	37,872	6,522	1,244	3,940	3,475	53,053
1987	37,509	6,393	1,281	3,791	3,053	52,027
1986	34,087	6,752	1,517	4,233	2,461	49,050

Information is based on quarterly service reports submitted by Vermont's community service providers. "Other Services" include chemotherapy visits and consultation & education hours and emergency care hours.

## ADULT OUTPATIENT PROGRAMS SERVICES PROVIDED, FY1999



Region/Provider	Individual & Group Treatment Hours		Case Management/Specialized Rehabilitative Hours		Diagnosis & Evaluation Hours		Other Services		Total
	#	%	#	%	#	%	#	%	
Addison - CSAC	9,018	80%	505	4%	576	5%	1,182	10%	11,281
Bennington - UCS	2,708	55%	769	16%	816	16%	656	13%	4,949
Chittenden - HCHS	5,356	41%	292	2%	529	4%	6,839	53%	13,015
Lamoille - LCMHS	957	54%	109	6%	48	3%	655	37%	1,769
Northeast - NEK	2,684	44%	840	14%	896	15%	1,749	28%	6,168
Northwest - NCSS	2,822	51%	109	2%	773	14%	1,786	33%	5,489
Orange - CMC	2,458	70%	436	12%	267	8%	373	11%	3,534
Rutland - RACS	2,756	47%	232	4%	737	13%	2,160	37%	5,884
Southeast - HCRSSV	7,979	70%	532	5%	1,425	13%	1,445	13%	11,382
Washington - WCMHS	4,787	68%	542	8%	640	9%	1,059	15%	7,027
<b>Total</b>	<b>41,525</b>	<b>59%</b>	<b>4,365</b>	<b>6%</b>	<b>6,706</b>	<b>10%</b>	<b>17,903</b>	<b>25%</b>	<b>70,497</b>

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# ADULT OUTPATIENT PROGRAMS SERVICES PROVIDED, FY1999

